

# Exercise Plan- Beginner Training!

Start everyday 20 Minutes (Walk or Run on Treadmill, or Train with Stair master or cross trainer for 10 mins on cross trainer and 10 mins on tread mill) with 70 to 80 % heart rate and stretch for 5 mins.

You can stretch at the end of workout also for 5 minutes or you can choose to do 5 mins cool down cardio. Repeat below exercises for first 1 Week do only body weight exercises mentioned below- from second week follow the weight training after body weight training. I will send different Training chart for second week. For First week after cardio - follow below bodyweight exercises every day.

If you feel you have enough strength and technique to try out weight training you can choose 2 exercise per day /per body part.

1. Free Squats– 4 sets of 25 to 30 reps



Pay attention to form and speed - sit down and back into each squat, bringing your arms out in front for balance at the bottom of your squat.

2. Lunges– 4 sets of 20 to 25 reps- Alternate with Right/Left Leg



Lunges (body weight into a lunge, push up into air and swap legs, land soft, knees bent into a lunge and repeat).

3. **Pushup– 4 sets of 20 to 25 reps – 2 sets Flat/ 2 Sets Legs Elevated**



4. **Dips– 4 sets of 8 to 12 reps**



5. **Pull ups/Chin ups– 4 sets of 8 to 12 reps – Try different variations with support.**



**6. Decline Ab crunches 4 sets of x 25 reps**



## Free Weight Training

### Day- 1 Chest.

#### 1. Chest Fly's- 4 Sets of 10-15 Reps



#### 2. Flat Bench Press- 4 sets of 10-15 Reps



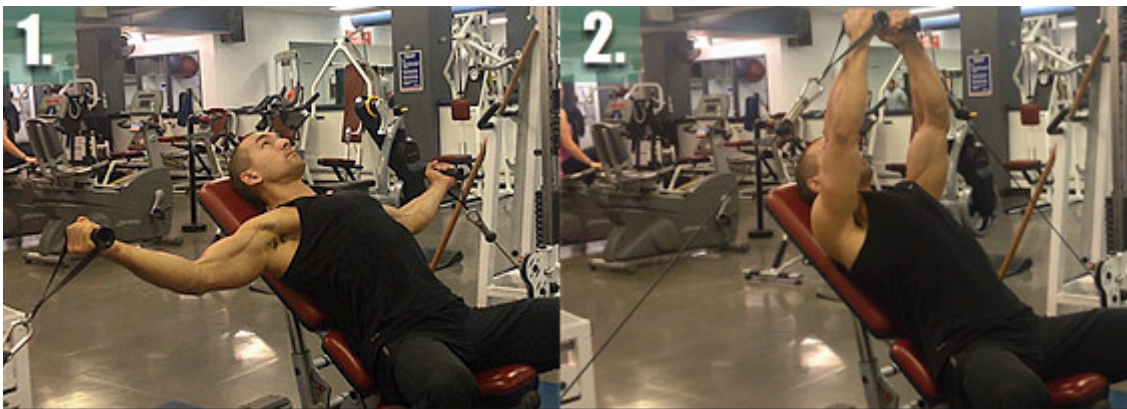
#### 3. Upper Ches- Dumbbell Press- 4 Sets of 10 to 15 Reps



**4. Cable Crossover- 4 sets of 10-15 Reps**



**5. Upper Chest Cable Fly- 4 sets of 15 to 20 Reps**



6.

**6. Kneeling Cable Crunches- 4 Sets of 20-25 Reps**

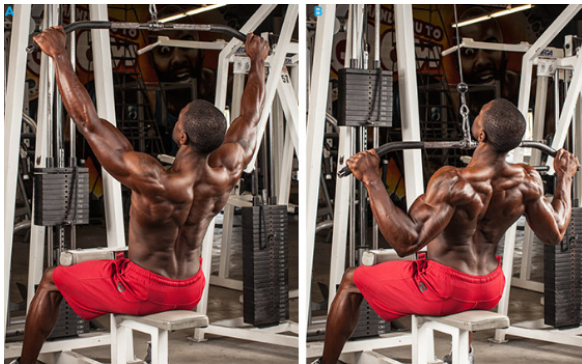


## **Day 2- Back.**

- 1. Rack Pull- 4 Sets of 10-12 Reps- Increase weight everyset and go heavy**



- 2. Lat Pull Down-4 Sets- 10 to 15 Reps**



- 3. Seated Cable Rows- 4 Sets of 15 to 20 Reps**



**4. T Bar Row 4 sets of 10 to 15 Reps**



**5. Single Arm Row- 4 Sets of 10 to 15 Reps- 2 Sets each side.**



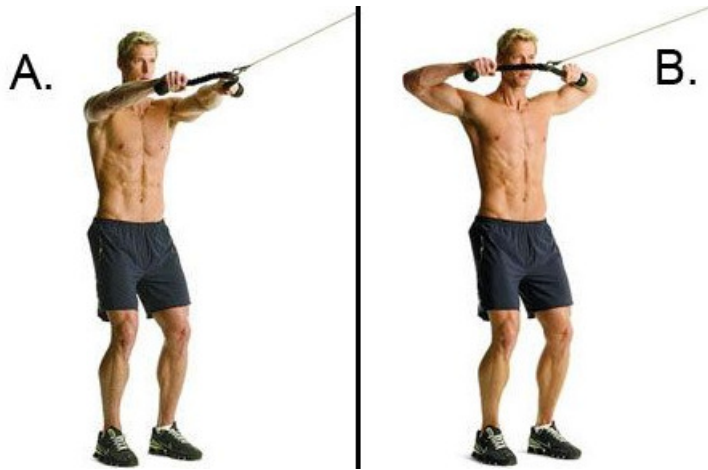
**6. Hanging Leg Raises. 4 Sets of 10-15 Reps**



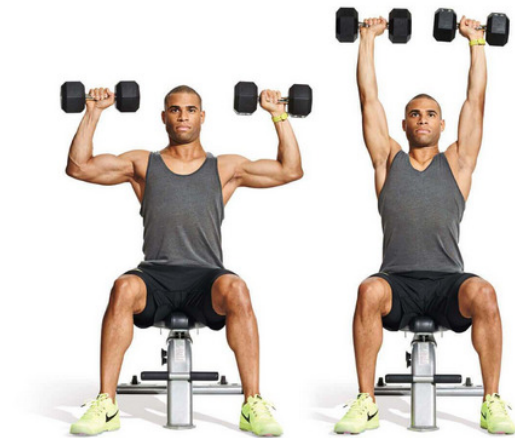
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### **3. Day 3- Shoulder**

#### **1. Face-Pull- 4 Sets of 10-15 Reps**



#### **2. Seated Shoulder Press- 4 Sets of 10-12 Reps**



#### **3. Seated lateral Raises- 4 Sets of 15 Reps**





**4. Front raises- 4 Sets of 10-15 Reps – Each side**



**5. Shrugs- 4 Sets of 15-20 Reps heavy**



**6. Plank holds- 60 secs of 4 sets**



## Day- 4- Arms.

### Biceps

#### 1. Hammer Curl- 4 Sets of 10-12 Reps



#### 2. Biceps Curl- 4 Sets of – 10-12 Reps



#### 3. Concentration Curl- 4 Sets of 10-12 Reps



**4. Incline Dumbbell Curl- 4 Sets of 10-12 Reps**



**Triceps**

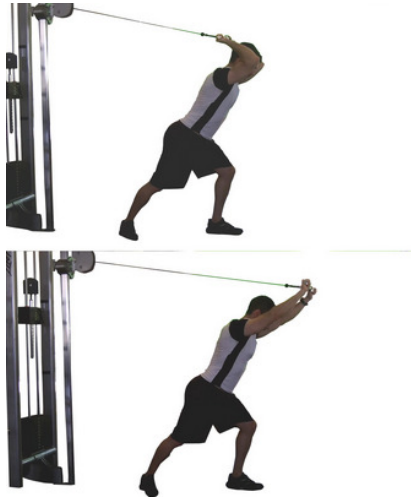
**5. Triceps Pushdown**



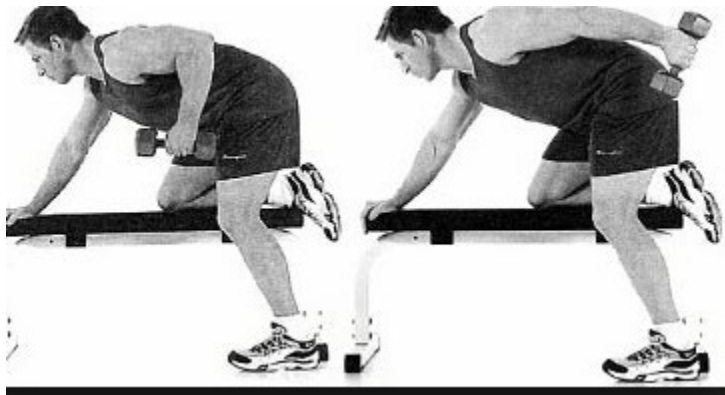
**6. Triceps Push down machine– 4 Sets of 10 to 15 Reps**



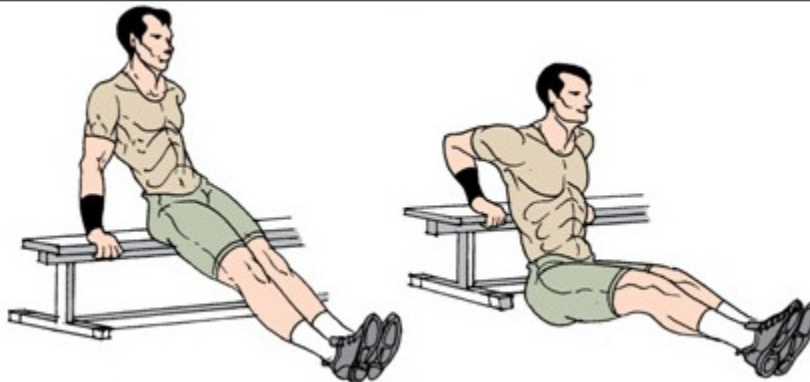
**7. Triceps Cable Extension 4 sets of 10-12 Reps**



**8. Triceps – Kick Backs- 4 Sets of 10-12 Reps each side**

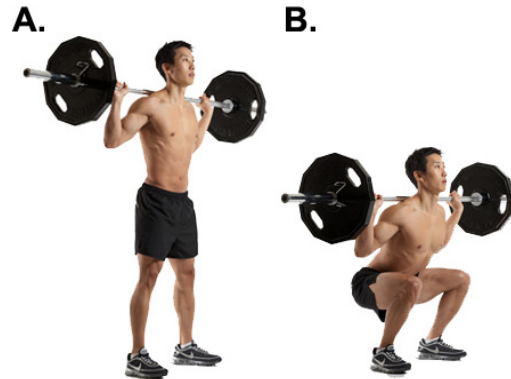


**9. Dips on bench- 4 sets of 10-12 Reps**



## Day 5- Legs

1. Barbell Squats- 4 Sets of 10 – 15 Reps- start with 2 warm up sets with Bar Increase weight each set.



2. Leg Press- 4 Sets of 10-15 Reps- Increase weight each set



3. Standing Hamstring curl- 4 Sets of 10-15 Reps – Each leg



**4. Leg Extension- 4 sets of 15-20 Reps**



**5. Glute Kickback- 4 sets of 15 to 20 Reps each side**



**6. Seated Calf Machine- 4 sets of -20-25 Reps**



**7. Calf Press on Leg Press machine- 4 Sets of 20-25 Reps**



**Day- 6 – Rest.**

**And Repeat the cycle of – 5 Day exercises.**

**Try to Increase weight on each set.**

**Before doing any exercise in the start – Do a warm up set with Empty bar.**

**Reps- Mentioned are no need to be accurate- Push up to that limit – If it's easy to push increase the weight.**

- 1. After weight training/Body weight training Cool Down: Walk for 5 Mins in Low speed at the end of your workout to cool down.**
- 2. At the end Static Stretching at the end of workout  
<https://www.youtube.com/watch?v=GhIsu4HlgIE>**